

WHITE OAK SENIOR CENTER

December 2022




1700 April Lane, Silver Spring MD 20904 240-777-6944 Senior Center Line 240-777-6940 Main Line				
Staying Fit & Having Fun Intellectually Speaking Fun & Games Music, Movement & More Creative Corner At the Movies Healing Hearts By Community Partners				
Mon	Tue	Wed	Thu	Fri
<p>Senior Team TeAnna Abraham-Smith Senior Center Director 240-777-6945 Direct Line Teanna.abraham@montgomerycountymd.gov Kathei Brown Nutrition Manager Orlando Davalos Program Assistant Nancy Court Program Assistant Denise Perdue Evening Coordinator</p>			<p>9am-10am Zumba Gold w/Amy 10am-11:30am Diabetes Management Basics 10am-11am Soul Line Dance w/Peytrienne 10:30AM-12PM Low Impact Exercise Video 10am-12pm Pickleball 12pm-4pm Bid Whist 12:45pm-1:45pm Super Power Dance Circle w/Jane 1pm -2pm Spanish Conversation Group 2pm-3pm Tai Chi (In Person Beginner's Welcome)</p>	<p>9am-10am Tai Chi (In Person & Zoom. Beginner's Welcome) 9:15am-10:15am Yoga for All w/Edgar 10:30AM-12PM Low Impact Exercise Video 10:30am-12pm Health Body, Peaceful Mind(Zoom) 10:30am-11:30am Senior Planet Education Sessions:Chrome Essentials 12pm-1pm Lunch 12:30pm-3:30pm American Mah Jong 1:30pm-3:30pm Chinese Folk Dance 2pm-3:15 Soul Line Dance w/Peytrienne (Zoom)</p>

Mon	Tue	Wed	Thu	Fri
5	6	7	8	9
<p>9am – 10am Tai Chi (In Person & Zoom. Beginner's Welcome)</p> <p>10am-11am Brain Games</p> <p>10am-11am Gentle Spin w/Julienne</p> <p>11:30am -1pm Senior Volleyball Open Play</p> <p>12pm – 1pm Lunch</p> <p>12:30 - 3:30pm Social Bridge</p> <p>12:30pm – 2pm Afternoon Cinema</p> <p>1pm-2pm Card Making w/Elizabeth</p> 	<p>9am-10am Zumba Gold w/Amy</p> <p>10am – 11am Brain Games</p> <p>10am-12pm Spiritual Support</p> <p>10:30am-11:30am 55+ Ballet Basics</p> <p>10:30am-11:30am Fitness Center Awareness</p> <p>10:30am-12pm Dancing w/Ming</p> <p>12pm-1pm Lunch</p> <p>1pm-2pm Bingo Blast</p> <p>1pm-3pm Chinese Folk Dance</p> <p>2pm-3pm Tai Chi (In Person Beginner's Welcome)</p>	<p>9am-10am Tai Chi (In Person & Zoom Beginner's Welcome)</p> <p>9:30am-1:30pm Kensington Club</p> <p>10am Depart for Holiday Party @ Long Branch</p> <p>10:30am-11:30am Senior Planet Education Sessions:Chrome Essentials</p> <p>11am-12pm Creative Movement & Dance</p> <p>12pm-1pm Lunch</p> <p>1pm 55+ Driver Safety Class</p> <p>1pm-2pm Bingo Blast (Espanol)</p> 	<p>9am-10am Zumba Gold w/Amy</p> <p>10am-11am Soul Line Dance w/Peytrienne</p> <p>10am-11:15am Memory Café w/The Alzheimer Association</p> <p>10:30AM-12PM Low Impact Exercise Video</p> <p>10am-12pm Pickleball</p> <p>12pm-4pm Bid Whist</p> <p>12:45pm-1:45pm Super Power Dance Circle w/Jane</p> <p>1pm -2pm Spanish Conversation Group</p> <p>2pm-3pm Tai Chi (In Person & Beginner's Welcome)</p>	<p>9am-10am Tai Chi (In Person & Zoom Beginner's Welcome)</p> <p>9:15am-10:15am Yoga for All w/Edgar</p> <p>9:30am-11pm Dollar Tree Trip</p> <p>10:30AM-12PAM Low Impact Exercise Video</p> <p>10:30am-12pm Health Body, Peaceful Mind w/Tammy (Zoom)</p> <p>10:30am-11:30am Senior Planet Education Sessions:Chrome Essentials</p> <p>12pm–1pm Lunch</p> <p>12:30pm-3:30pm American Mah Jongg</p> <p>1:30pm-3:30pm Chinese Folk Dance</p> <p>6pm-9pm Soul Line Dance Party</p>

Mon	Tue	Wed	Thu	Fri
12	13	14	15	16
<p>9am – 10am Tai Chi (In Person & Zoom. Beginner's Welcome)</p> <p>10am-11am Brain Games</p> <p>10am-11am Gentle Spin w/Julienne</p> <p>11am-12pm Drum Circle w/Katy</p> <p>11:30am -1pm Senior Volleyball Open Play</p> <p>12pm – 1pm Lunch</p> <p>12:30 - 3:30pm Social Bridge</p> <p>12:30pm – 2pm Afternoon Cinema</p> <p>1pm -2pm Seated Yoga w/Regine</p> 	<p>9am-10am Zumba Gold w/Amy</p> <p>TBD Movie Outing Black Panther: Wakanda Forever</p> <p>10am Coffee & Conversations w/Nancy</p> <p>10am-12pm Spiritual Support</p> <p>10:30am-11:30am Fitness Center Awareness</p> <p>10:30am-11:30am 55+ Ballet Basics</p> <p>10:30am-12pm Dancing w/Ming</p> <p>12pm-1pm Lunch</p> <p>1pm-2pm Bingo Blast</p> <p>1pm-3pm Chinese Folk Dance</p> <p>2pm-3pm All Good Tai Chi(In Person Beginner's Welcome)</p>	<p>9am-10am Tai Chi (In Person & Zoom Beginner's Welcome)</p> <p>9:30am-1:30pm Kensington Club</p> <p>10am-11am Sing-a-long w/Hong</p> <p>10:30am-11:45am Senior Planet Education Sessions: Chrome Essentials</p> <p>11pm-12pm Creative Movement and Dance</p> <p>12pm-1pm Lunch</p> <p>1pm-2pm Bingo Blast (Espanol)</p> 	<p>9am-10am Zumba Gold w/Amy</p> <p>10am-12pm Pickleball</p> <p>10am-11am Soul Line Dance w/Peytrienne</p> <p>10:30am-11:30am Nutrition Talk w/Rhonda</p> <p>10:30AM-12PM Low Impact Exercise Video</p> <p>12pm-1pm Lunch</p> <p>12pm-4pm Bid Whist</p> <p>12:45pm-1:45pm Super Power Dance Circle w/Jane</p> <p>1:30pm -3pm How To Communicate with Persons with Dementia w/Dr. Tam Cummings</p> <p>2pm-3pm Tai Chi (In Person Beginner's Welcome)</p>	<p>9am-10am Tai Chi (In Person & Zoom Beginner's Welcome)</p> <p>9:15am-10:15am Yoga for All w/Edgar</p> <p>10am-2pm 55+ Holiday Celebration</p> <p>10:30AM-12PAM Low Impact Exercise Video</p> <p>10:30am-12pm Health Body, Peaceful Mind w/Tammy (Zoom)</p> <p>10:30pm-11:45am Senior Planet Education Sessions:Chrome Essentials</p> <p>12pm–1pm Lunch</p> <p>12:30pm-3:30pm American Mah Jongg</p> <p>1:30pm-3:30pm Chinese Folk Dance</p> <p>2pm-3:15 Soul Line Dance w/Peytrienne (Zoom)</p>

Mon	Tue	Wed	Thu	Fri
19	20	21	22	23
9am – 10am Tai Chi (In Person & Zoom. Beginner's Welcome) 10am-11am Brain Games 10am-11am Gentle Spin w/Julienne 11:30am -1pm Senior Volleyball Open Play 12pm – 1pm Lunch 12:30 - 3:30pm Social Bridge 12:30pm – 2pm Afternoon Cinema 1pm -2pm Seated Yoga w/Regine	9am-10am Zumba Gold w/Amy 10am-12pm Spiritual Support 10:30am-11:30am Fitness Center Awareness 10:30am-11:30am 55+ Ballet Basics 10:30am-12pm Dancing w/Ming 11am-12pm American Singbook w/Helaine 12pm-1pm Lunch 1pm-2pm Bingo Blast 2pm-3pm Tai Chi (In Person Beginner's Welcome)	9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) 9:30am-1:30pm Kensington Club 10am-11am Joint Creative Movement and Dance 11am-11:30am Who Am I? 10:30am-11:45am Senior Planet Education Sessions:Chrome Essentials 12pm-1pm Lunch 1pm-2pm Bingo Blast (Espanol)	9am-10am Zumba Gold w/Amy 10am-12pm Holiday Festival w/CASSA 10am-12pm Pickleball 10am-11am Soul Line Dance w/Peytrienne 10am-11:30am American Mah Jongg Lessons 10:30AM-12PM Low Impact Exercise Video 12pm-1pm Lunch 12pm-4pm Bid Whist 12:45pm-1:45pm Super Power Dance Circle w/Jane 1pm -2pm Spanish Conversation Group 2pm-3pm Tai Chi (In Person Beginner's Welcome)	9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) 9:15am-10:15am Yoga for All w/Edgar 9:30am-11pm Dollar Tree Trip 10:30AM-12PAM Low Impact Exercise Video 10:30am-12pm Health Body, Peaceful Mind w/Tammy (Zoom) 11:45am Bus Departs for Ballet "The Nutcracker" 12pm-1pm Lunch 12:30pm-3:30pm American Mah Jongg 1:30pm-3:30pm Chinese Folk Dance 2pm-3:15 Soul Line Dance w/Peytrienne (Zoom) 5pm-7pm WO Friends & Family Holiday Gathering



Mon	Tue	Wed	Thu	Fri
<p>Center Closed for Holiday</p> 	<p>27</p> <p>9am-10am Zumba Gold w/Amy 10am-12pm Spiritual Support 10:30am-12pm Dancing w/Ming 12pm-1pm Lunch 2pm-3pm Tai Chi (In Person Beginner's Welcome)</p> 	<p>28</p> <p>9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) 9:30am-1:30pm Kensington Club 12pm-1pm Lunch</p>	<p>29</p> <p>10am-12pm Pickleball 10:30AM-12PM Low Impact Exercise Video 12pm-1pm Lunch 12pm-4pm Bid Whist 2pm-3pm Tai Chi (In Person Beginner's Welcome)</p>	<p>30</p> <p>9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) 10:30AM-12PAM Low Impact Exercise Video 10:30am-12pm Health Body, Peaceful Mind w/Tammy (Zoom) 12pm-1pm Lunch 12:30pm-3:30pm American Mah Jongg 2pm-3:15 Soul Line Dance w/Peytrienne (Zoom)</p>
<div>  <p>*Kensington Club is a social day club for seniors with early-stage memory loss.</p> <p>Registration required. For information call 301-255-4221</p> <p>Please email TeAnna.abraham@montgomerycountymd.gov to register for Zoom classes.</p> <p>White Oak Senior Center is open Monday through Friday 9am-3pm. Lunch is served and transportation provided.</p> </div>				